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# LESSON BF-000-17

## WIC Breastfeeding Lesson for Pregnant Teens

### Starting Out Right - Hunger Cues, Satiety, Engorgement

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#### OBJECTIVES:

This lesson encourages pregnant teens to breastfeed and encourages postpartum teens to continue to breastfeed beyond the first few weeks. It covers hunger cues, how to tell if your baby is getting enough to eat, and engorgement, shown in the teen video, ***Starting Out Right***. Participants will:

- ? Name three ways to tell when their baby is hungry.
- ? Name three ways to tell if their baby is getting enough to eat.
- ? Tell what to do if their breasts become engorged.

#### MATERIALS:

- ? Videotape Program: ***Starting Out Right?*** produced by Injoy Productions, English, 25 minutes
- ? TV/VCR
- ? *Tips for Pregnant Teens*, stock #13-15
- ? *My Baby*, stock #13-51
- ? Teen bookmarks, Stock #13-10
- ? Bulletin Board for teens, sample on page 3
- ? Teen posters
- ? Crib cards, stock #13-25
- ? *Tips for Nursing Moms: Engorgement and Sore Nipples*, stock #13-106
- ? *Tips for Nursing Moms: Taking Medications*, stock #13-110
- ? *Breastfeeding Rummy* playing cards (master copy attached)
- ? Evaluation, attached

#### Note about Evaluation Forms for New Lessons:

The first few times a new lesson is presented staff and participants need to complete the evaluation forms attached at the end of this lesson. Please note that the staff evaluation form is different from the participant evaluation form. Only 25-30 participant evaluations need to be completed. Please mail completed evaluations to:

Delores Preece  
Texas Department of Health  
Bureau of Nutrition Services  
1100 W. 49<sup>th</sup> Street  
Austin, Texas 78756

## TEACHING PREPARATION:

For the activity print the attached *Breastfeeding Rummy* cards on color paper and cut paper into four equal parts. You may laminate the cards before cutting them.

### TEACHING TIPS

Before class, display around the room breastfeeding posters which portray teen moms.

Decorate a bulletin board in the classroom or in the waiting room that features teen moms and their babies. Sample bulletin boards are attached to this lesson.

Because there is so much information in this video, it is recommended that the video be shown in two different classes. The entire video may be shown in both classes, but there are two separate lessons which may be taught with the video, which is called *Starting Out Right*. Use Lesson BF-000-16 to cover positioning and latch-on. Use Lesson BF-000-17 to cover breastfeeding problems and how to manage them.

## ICE BREAKER:

**How many of you have had experience caring for a baby? What did you learn?**

Wait for participants to answer the questions.

**What do you think is the most important thing to know in caring for your baby?**

Possible answers:

- ? To always take care of him and make sure he is safe.
- ? Give her lots of love.
- ? Keep them clean, their diaper changed.
- ? Take them to the doctor if they are sick or you think something is wrong.
- ? Make sure they are getting plenty to eat.

**Breastfeeding helps you meet these needs.** Breastfeeding helps you bond with your baby, meet his needs quickly, and provide him with all the food he needs the first six months of his life.

## VIDEO:

Show the video, *Starting Out Right*.

## ACTIVITY:

Distribute the *Breastfeeding Rummy* cards. If you have a large class, distribute only one card per participant. If you have a small class, each girl can get 2, 3 or even 4 cards each. Make sure for every card distributed a matching card is given to someone else. The game is more fun if no one has a match.

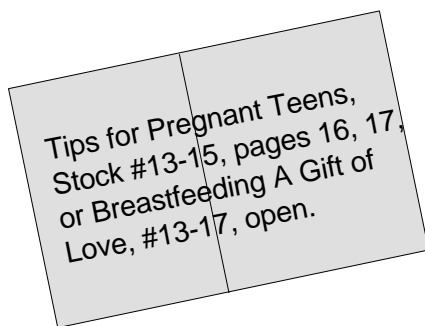
Ask who has the card with the telephone on the back, for example. There should be two moms with telephone cards. The mom whose card has the question, reads her question aloud. If she can answer the question, she gets a prize, such as a crib card, *My Baby, Tips for Pregnant Teens*, or teen bookmark. If she cannot answer, she must find her "partner"--the mom with the other telephone card--and the mom with the answer card reads the answer aloud. The mom with the correct answer receives a prize. Continue to have moms take turns asking and answering the questions on their rummy cards until all cards have been played.

After the activity, distribute *Tips for Nursing Moms* tip sheets, 13-106 and 13-110.

**Do oral or written evaluation.**

### Sample Bulletin Board

## Teens' Babies Latch on to Life!



**Good positioning and  
latch-on mean happy,  
feedings!**

photo of  
teen mom  
using  
cradle hold

photo of  
teen mom  
using  
cross-  
cradle  
hold

photo of  
teen mom  
using  
football  
hold

**LESSON CODE BF-000-17**  
**Oral or Written Lesson**  
**WIC Breastfeeding Lesson for Pregnant Teens**  
**Starting Out Right - Hunger Cues, Satiety, Engorgement**

1. If your baby is bringing his hand to his mouth, making sucking noises, or turning his head in search of your breast, these are signs that

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2. You know your baby is getting enough milk if she

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3. If your breasts are painfully full or “engorged,” you should

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Answers:

1. Your baby is hungry and needs to breastfeed.
2. Has 6-8 wet diapers every 24 hours, 2-5 stools (bowel movements) every 24 hours, and is gaining weight.
3. Nurse more frequently and make sure your baby is emptying both breasts. Massage your breasts in downward motions while your baby nurses. Apply warm compresses or take a hot shower before your baby nurses. Apply ice packs after nursing.

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**Starting Out Right - Hunger Cues, Satiety, Engorgment**  
**Evaluation Form - Participant**

1. The name of the video I saw today was: \_\_\_\_\_
2. I am: (you may circle more than one)
  - a. pregnant
  - b. breastfeeding
  - b. parent of an infant
  - d. parent of a child
  - e. family or friend
3. How much did you like the video?
  - a. a lot
  - b. a little
  - c. not at all
4. Do you plan to use this information?
  - a. yes
  - b. no
5. Do you think this is a good video to show at WIC?
  - a. yes
  - b. no

Why? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. What is the most useful thing you learned from the video and discussion today?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. Comments \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Thank you for your time!**

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**Evaluation Form - Staff**

LA# \_\_\_\_\_

Month/Year of lesson use: \_\_\_\_\_

1. Was the audiovisual easy to see and hear?  
a. yes                      b. no

2. Was the lesson easy to read and follow?  
a. yes                      b. no

What changes would you suggest for improving the lesson? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

3. Was participant feedback:  
a. positive  
b. negative  
c. indifferent

4. Do you plan to use this audiovisual/lesson again?  
a. yes                      b. no

Comments: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

5. Additional comments: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Thank you for your time!**

<p style="text-align: center;"><b>Send Staff and Participant Evaluation Forms for New Lessons to:</b> <b>Delores Preece</b> <b>Texas Department of Health</b> <b>Bureau of Nutrition Services</b> <b>1100 W. 49<sup>th</sup> Street</b> <b>Austin, Texas 78756</b></p>
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